AFGHANISTAN

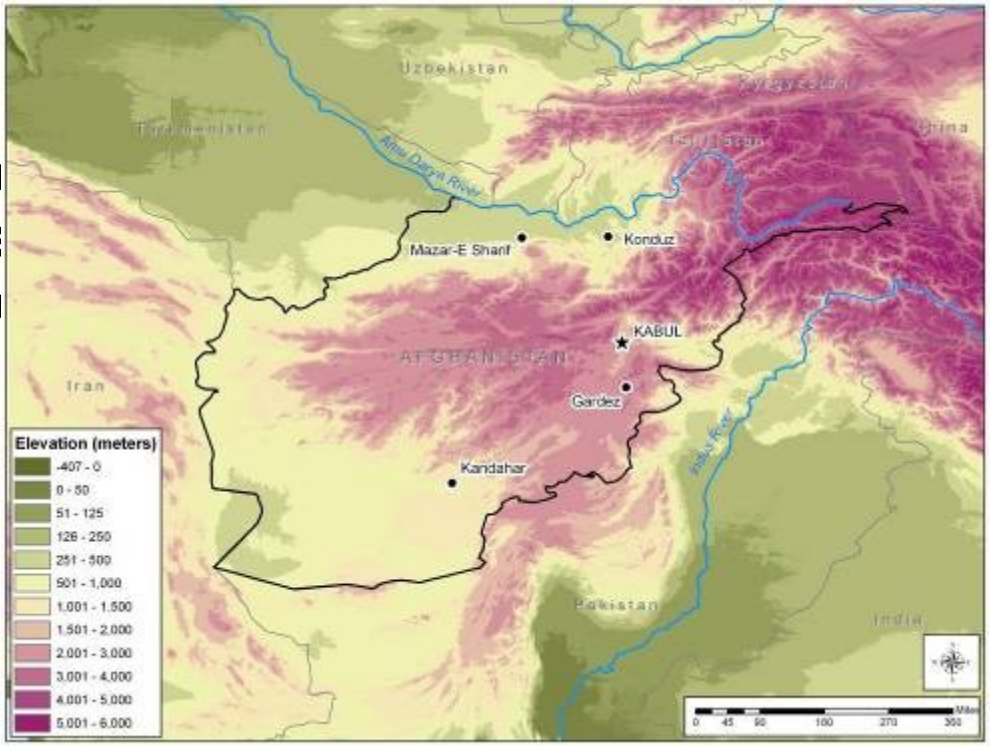
- Civil war / damaged infrastructure
- Deteriorated public health

V06.0

Where in the world is Afghanistan?

Physical Environment

- Topography
  - **If operating abov**
    6,000ft imple
    high
    countermea



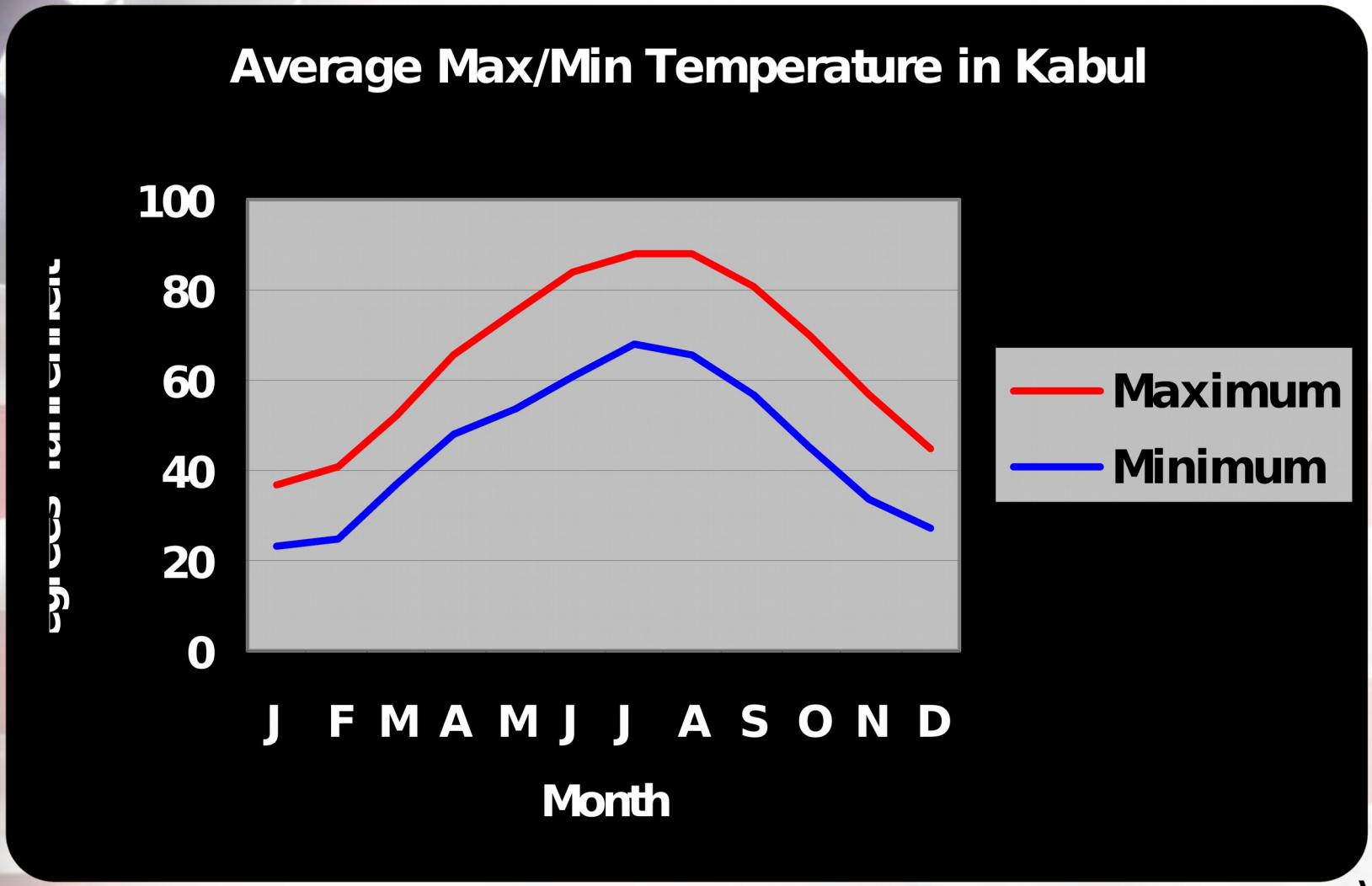
- Climate

  Arid to semiarid; cold winters and hot summers

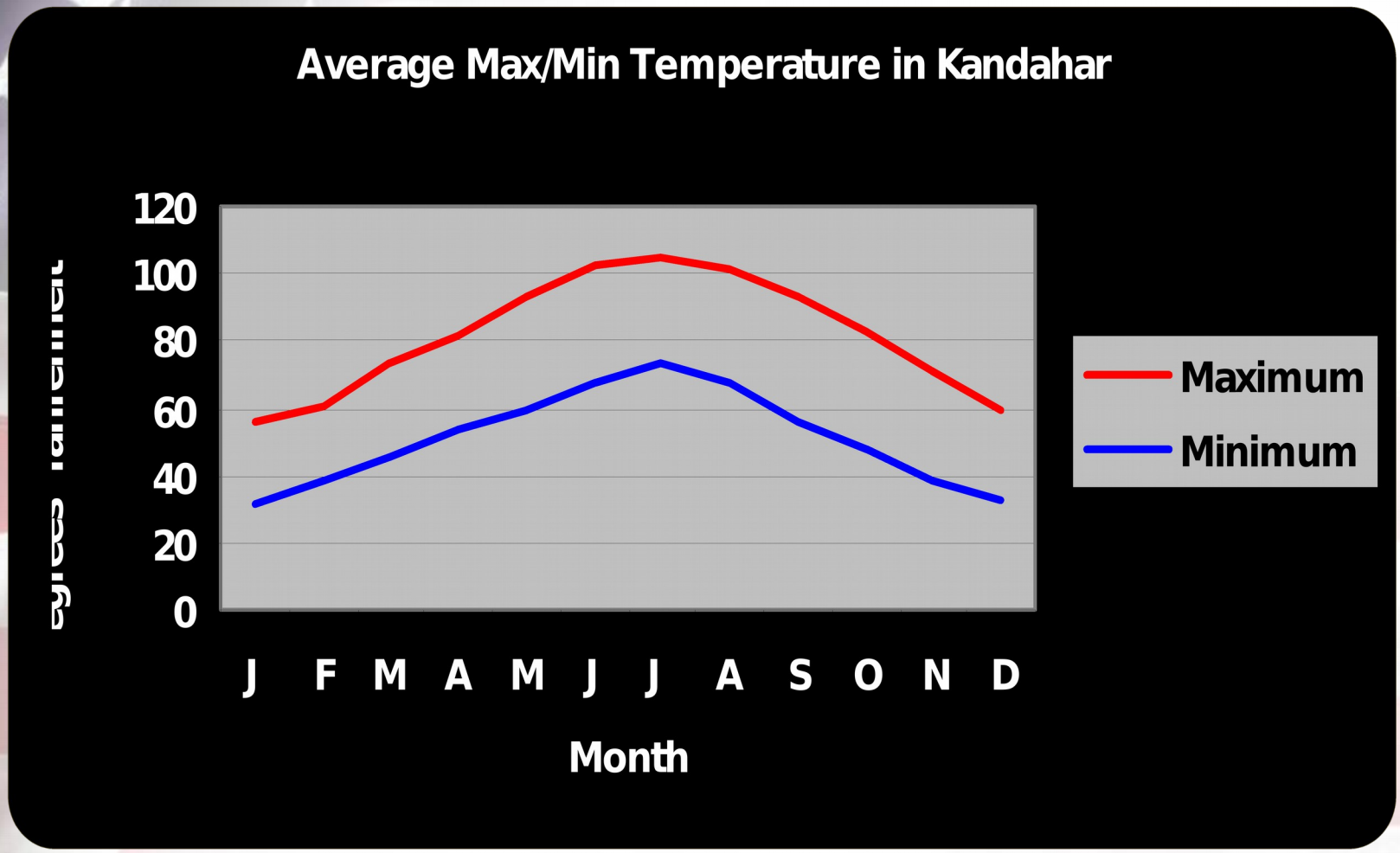
Terrain: mostly rugged mountains; plains in north and southwest

lowest point: **Amu Darya 258 m = approx 846 ft**
highest point: **Nowshak 7,485 m = approx 24,557ft**

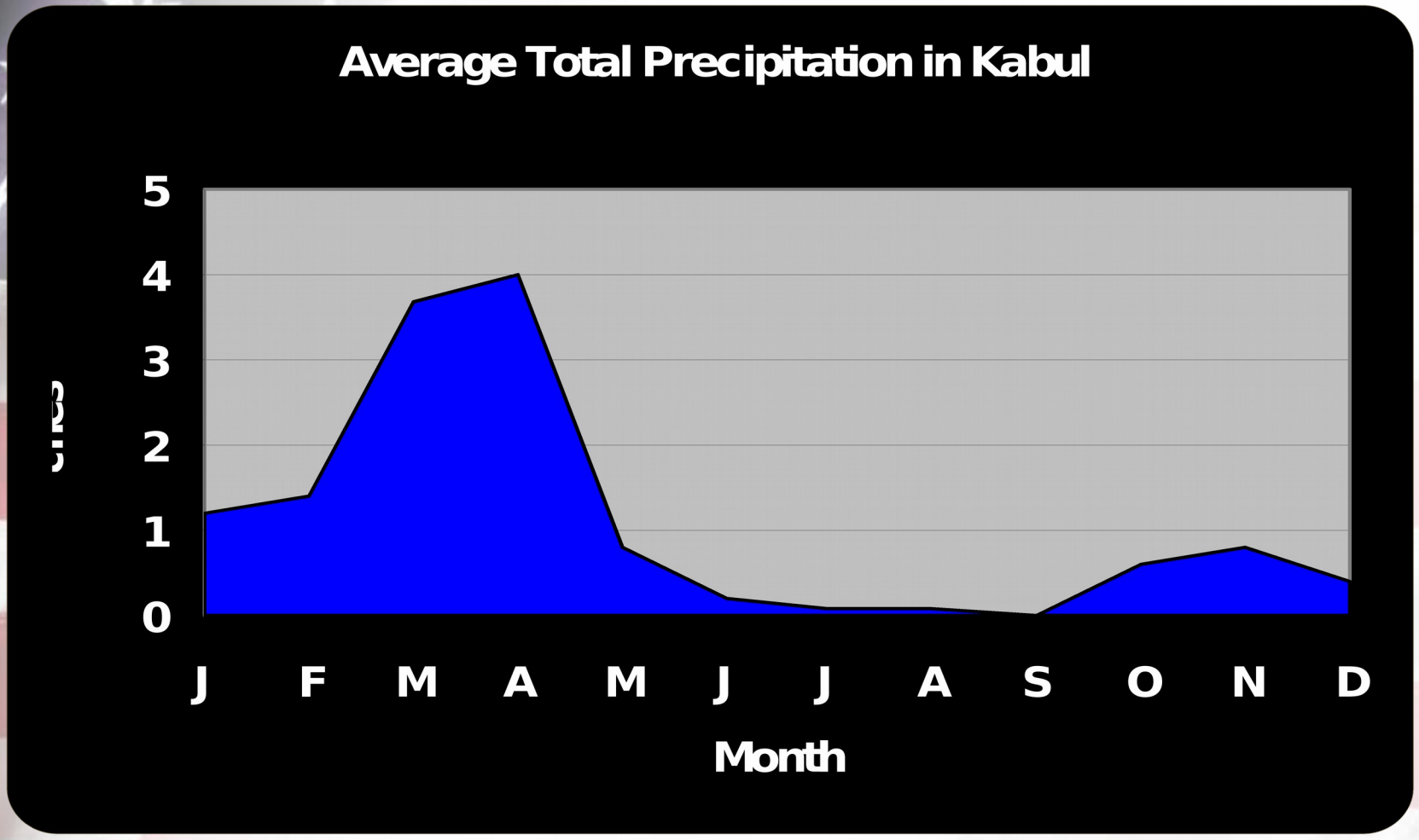
Physical Environment



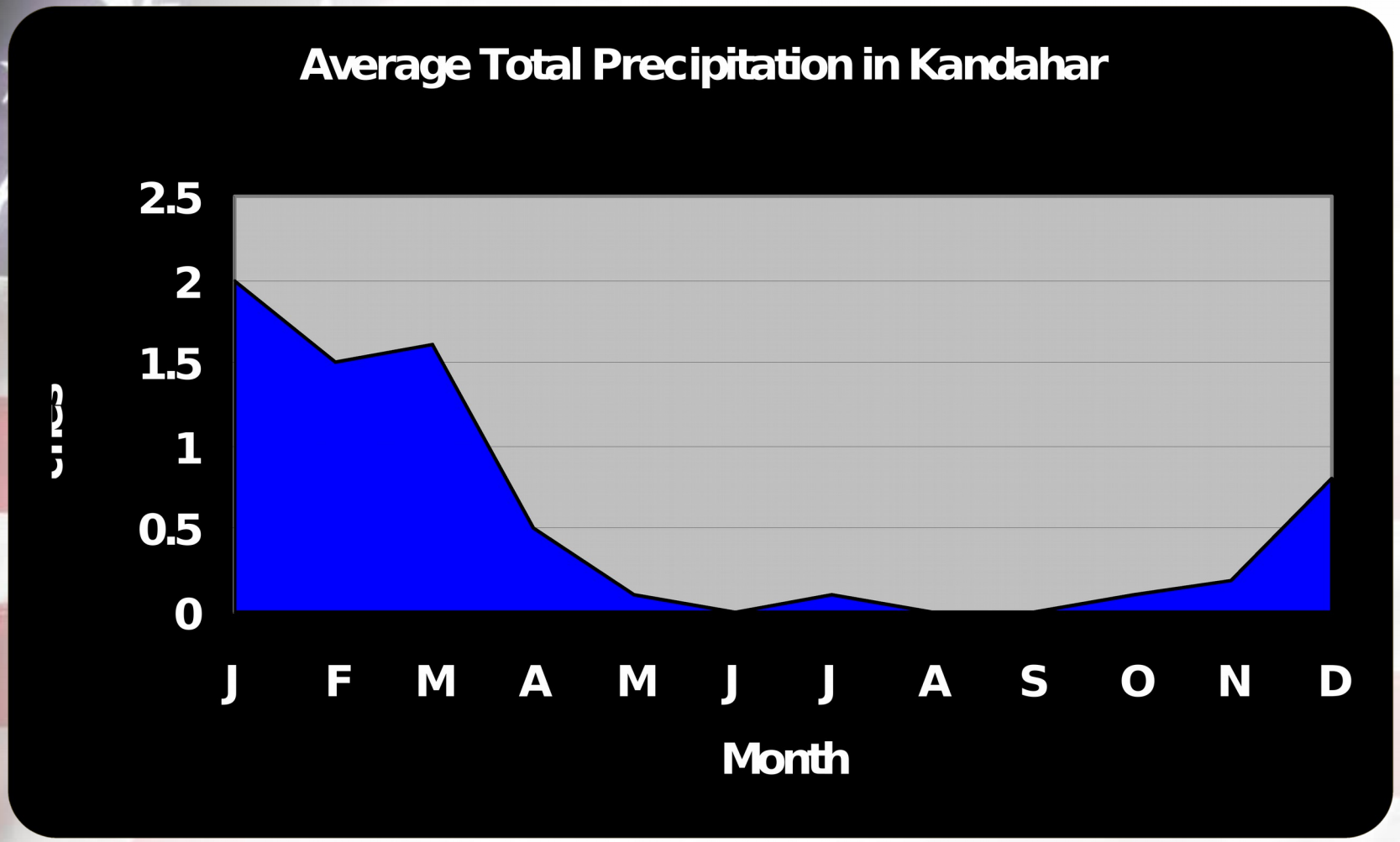
Physical Environment



Physical Environment



Physical Environment



Environmental Health Risk

- Greatest short term risks associated with ingestion of contaminated food/water; extreme heat/cold; high altitude
- Greatest long term risks associated with air contamination and chemical contamination of food/water

Environmental Issues

- Air Contamination
  - Overall, minimal health effects
  - High levels of particulate matter (PM10) able to reach the lungs recorded at Salerno, Kandahar, & Bagram
  - Short-term (less than or equal to 14 days duration) exposure presents a risk of temporary respiratory symptoms such as coughing, wheezing, and reduced lung function

Environmental Issues Cont.

- Soil Contamination
  - Localized to specific areas around industrial facilities, waste disposal ditches, and open sewage ditches
  - Significant exposure is unlikely
- Water Contamination
  - Contaminated with raw sewage
  - One of the most significant health threats to deployed personnel
  - Sewage contamination of drinking water in urban areas is common

Infectious Disease Risk

- **HIGH RISK** for infectious diseases

- Inadequate force health protection (FHP) measures, will seriously jeopardize mission effectiveness

Infectious Diseases

- Foodborne and Waterborne Diseases
  - **HIGH RISK** = Diarrhea, hep A, typhoid fever
  - **INTERMEDIATE RISK** = brucellosis, cholera, hep E
- FHP Priorities
  - **Deploy appropriate PM personnel and equipment**
  - Consume food, water, ice only from US-approved sources
  - Operate food preparation facilities in accordance with Army doctrine
  - Ensure proper hand washing facilities near all latrines and dining facilities and enforce

Infectious Diseases Cont.

- Vector-borne Diseases
  - **HIGH RISK** = Malaria
  - **INTERMEDIATE RISK** = Crimean-Congo hemorrhagic fever, leishmaniasis, sand fly fever, typhus, West Nile fever

- FHP Priorities
  - Use DEET on all exposed skin
  - Treat field uniforms with permethrin
  - Use bed nets in field conditions, treat with permethrin
  - **Enforce malaria chemoprophylaxis as appropriate**

Infectious Diseases Cont.

- Animal-contact Diseases
  - **HIGH RISK** = Rabies, among the highest in the world
  - **INTERMEDIATE RISK** = Anthrax, Q-fever
- FHP Priorities
  - Avoid animal contact, especially if the animal exhibits strang behavior
  - No mascots
  - Report all animal bites and scratches

Infectious Diseases Cont.

- Sexually Transmitted Diseases
  - **INTERMEDIATE RISK** = gonorrhea, chlamydia, HIV, Hep B
- FHP Priorities
  - Avoid sexual contact
  - Use latex condoms if sexually active

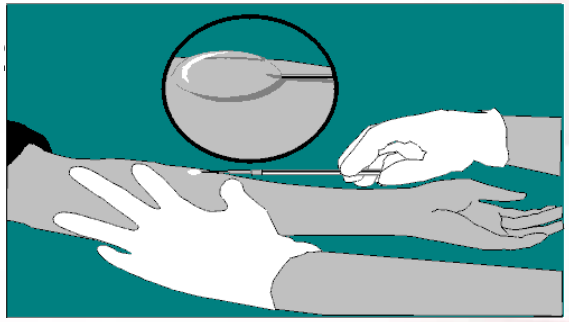
Infectious Diseases Cont.

- Water-contact Diseases
  - **INTERMEDIATE RISK** = leptospirosis
- FHP Priorities
  - avoid unnecessary contact with lakes, rivers, streams, and other surface water

There will not be a sign like this.

Infectious Diseases Cont.

- Respiratory Diseases
  - **INTERMEDIATE RISK** = tuberculosi



- FHP Priorities
  - Tuberculin skin test before and after deployment
  - 72 sqft/person and head-to-toe sleeping arrangement
  - Cough or sneeze into your upper sleeve instead of your hands
  - Wash hands at every opportunity
  - Avoid close contact with local population

Hazardous Animals & Plants

- Animals
  - Rabid dogs, snakes, centipede scorpions, spiders
- Plants
  - Mexican Poppy, Fetid Nightshade
- FHP Priorities
  - Do not handle animals
  - Shake out boots, clothing, & bedd
  - Do not touch, chew, eat, or burn unfamiliar plants

SUMMARY

- Physical Environment
- Infectious Diseases = **High Risk**
- Hazardous Animals and Plants
- FHP measures are simple and effective
  - Use and Enforce
  - Will conserve the fighting stren